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In a preferred embodiment, an eluter instrument for an SPE system, including: a housing; an upper seal mounted in the housing for up and down motion with respect thereto; a lower seal mounted in the housing for up and down motion with respect thereto; and the upper seal and the lower seal being moveable between a first position in which the upper seal and the lower seal are spaced apart and not in proximity and a second position in which the upper seal and the lower seal are in proximity and spaced apart sufficiently only to clamp therebetween a first area of a plurality of areas of an SPE medium, the first area containing therein one or more compounds of interest, such as to permit elution